

WIDOW'S DEPRESSION – CASE STUDY

Patricia Luciana RUNCAN

Department of Social Assistance, Faculty of Sociology and Psychology,
 West University of Timisoara, Romania

ABSTRACT. In the following writing we have decided to offer a partial outlook above the social and psychological factors which caused the depression of Ms C.A., aged 72 years. Ms C.A. who is retired, lives at the countryside and she is widow. She is elementary grounded and across the years she has been administrator. We chose to make a qualitative research, which had as method the semi-structured interview, and as work technique, the study. The qualitative research helps the research worker to get closer and closer to the truth and to have a holistic view about the studied phenomenon. The qualitative research gives a different view, which many times help the veridicity of the studied phenomenon. The depression appeared in Ms' C.A life at the age of 60, considerable affected the quality of her life by having the following effects: reduced energy; restlessness; anxiety; disability of relaxation; he appears to be anxious all the time; permanent sadness; permanent presence of an interior discomfort; labile affection; uselessness ideas; social isolation; mixt insomnia; she is off her feed; loss of living will. As conclusions to the writing we can state that the depression was caused by the following factors: her husband's loss of health; loss of her partner; lack of activity; loneliness; loss of family support. All this factors, independent sometimes, other times paired, brought this person into depression.

Keywords: widow, depression, case study

INTRODUCTION

Personal dates: C.A.

- age: 72 years
- genre: feminine
- location: rural
- legal status regarding at marriage: widow
- actual occupation: retired
- profession: official in charge
- studies: seven grades

Health state:

- internment diagnosis: recurrent depression. Depressive and medium anxious episode
- used method in diagnosis: Hamilton Scales Anamnesis and MADRS
- treatment: only drugs
- internment: the thee first internments at Resita and the last is at the Pshychiatric Clinic "E. Pamfil" of Timisoara, Romania.

History of life

Ms. C.A. was born in 1936 in Racajda of the district Caras-Sverin, into a family of hard-working peasants. Before she was born her mother had a son and a daughter from a previous marriage. A year before she was born her mother got divorced from her first husband and re-married Ms' C.A. father.

When Ms. C.A. is 5 years her natural father dies and the little girl remains without her father, only in the company of her mother, step brother and step sister. Although the material status was a little harder after the death of the father, Ms' C.A. mother decides to raise her children alone and never get married again. Ms. C.A. had a good relationship with her mother who took care of her and her older brother who came from the first marriage. Ms. C.A. had also a good relationship with her older brother and sister.

In her childhood, Ms. C.A. felt loved by her mother. C.A. was a lonely and peaceful

person even shy with the people around her. She made a bit hard friends but she always finds a refuge in her mother. At school she had good results, she liked to study but she only graduated seven grades because her mother haven't got financial possibilities to support her at school.

C.A. finished seven grades in Racajdia and then retires from school and helps her mother to the house and field works.

At 16 years old she falls deeply in love with a man living in the same village who ask her to marry him after only a few months.

After that, Ms.'s C.A. life began to be colorful, became sociable and joyful, more open than she was before, starts to communicate much better with people around her, starts to believe in herself and the marriage life looks for her very easy because she loves a lot her husband. Mrs. C.G. is 4 years older than her and he always was hard-worker and he liked to work the field.

The first child who is born in their family is a girl and the second one is a girl, too and appears in their family after 4 years when Ms. C.A. was 21 years old.

Ms. C.A. took care of the girls and their education and sent both of them to pedagogical institute. The big girl followed the Pedagogical Institute from Caransebes and the little one followed the Pedagogical Institute from Arad. Ms.'s C.A. became for a few years president in their village. Things are going very well in their family and always Mrs. CA has found a support and a place of refuge in which her husband loved him very much and that too, esteem and respect him very much.

The girls Mrs. CA were married and each went to her house and her family. Face the big left and right Răcăjdia is moving in another village less, and the small daughter remained in Răcăjdia.

Shortly after the marriage of girls, husband of Mrs. CA began to have health problems, especially with the heart. In the soul of Mrs. CA begin to install fear and the fear of not keeping their husbands. Starting to go regularly Baptist church in the village and prays to God for the health of her husband. In

all this time has a relationship with good husband, who begin to feel better with all health and begin to accompany the wife and in running the church.

Both are living a period beautiful, quiet, communicate very well, but when Mrs. CA reaches age 60, her husband died, making it the second stroke.

The loss of her husband, a partner of a life, threw Mrs. CA in a profound despair and deterrence. These states have not passed after a few months, from the sad event, but they were accentuated even more in coming years.

Mrs. CA felt alone, she realized that they no longer have any girls and that neither husband. The girls visit their mother rarely and Mrs. CA felt it's very hard because she lived alone in the house where she lived along with her husband and girls.

The nights became tormenting for CA because she was no longer able to sleep, to rest, have very high pain and headaches, all the time she felt tired and without living will she doesn't want anything anymore and wanted everything to end and to "wake up" of that dream which became ugly... increasingly difficult and increasingly long.

At the age of 67 years she was interned at the Psychiatric Hospital of Resita and put the first diagnosis of depression.

After 10 days of treatment, the patient feels much better. After this period of treatment, Mrs. CA goes back in her hometown village, her house and gets power to live again. Starts to go to church again and become closer to God again and begins to interact with people in the church. He visits the big daughter who lives in another city and was engaged more in helping the small daughter who lived in the same village with her and have a preschool baby. Mrs. CA feels useful again and forgets for a period of her loneliness and loss husband. After Mrs.'s C.A. grandchild grows and starts school, they no longer ask her for help and gradually becomes with no activity. She has too much free time and she begins again to confront the feeling of loneliness, isolation and uselessness.

She starts to eat less because she lost appetite for food, begins not to sleep, has

severe pain and headaches and she completely lose her interest in those around her.

At the age of 72 years was interned for a period of three months to the Psychiatric Clinic "E. Pamfil" in Timisoara, Romania.

Caring/Treatment

Currently used medicinal treatment: Anxiar, Taver, Atenolol, Cipralex, Imovane.

Support

Family: The only relatives of the patient are the two daughters, with their families. Unfortunately, the two daughters of Mrs. C.A. are too concerned with their own problems, their families and don't understand their mother anymore. The little daughter would like to help her but she doesn't know how, she appears to be more susceptible to the disease of her mother, more than the older daughter who lives in another village and visit her mother very rarely.

Friends: Presently the patient has no friends because all died. And with its neighbors cannot stay too long for talking, as she made in the past, because everyone is in a hurry and wants to work more to earn as much as possible. Nobody has time for her.

Church: For a few months she no longer goes to church because they feel bad and no longer finds pleasure out of the house.

The illness impact: the depression released at the age of 60 years and affected her life by having the following symptoms:

- Low energy
- Self-esteem ideas
- Voltage intra-physic
- Anxiety
- Concern
- Incapable of relaxation
- Always seems unquiet
- The provision of permanent sorrow
- A frequent presence of discomfort inside
- Emotional lability
- Ideas of uselessness
- Ideas of incapacity
- Social withdrawal
- Joint insomnia
- Lack of appetite for food
- Loss of living desire

The person feels alone and not understood by both her daughters and other people around them.

CONCLUSIONS

Her anxious-depressive symptoms began at the age of 60 years, against the backdrop of the following factors:

- Loss of her husband health
- Loss of life partner
- Lack of activity
- Loneliness
- Loss of family support

All these factors, sometimes alone, sometimes associated led the person into depression. The depression released after 60 years, against the backdrop of the occurrence of these factors, perturbed person's life and profoundly decreased profound satisfaction in relation to her life.

REFERENCES

- SILVERMAN DAVID, Interpretarea datelor calitative. Metode de analiză a comunicării textului și interacțiunii, Editura Polirom, Iași, 2004
- FRONCOIS DE SINGLY, ALAIN BLANCHET, ANNE GOTMAN, JEAN-CLAUDE KAUFMANN, Ancheta și metodele ei: Chestionarul, interviul de producere a datelor, interviul comprehensiv, Editura Polirom, Iași, 1998, p.29
- CHELCEA SEPTIMIU, Inițiere în cercetarea sociologică, Editura Comunicare.ro, București, 2004
- ROTARIU TRAIAN, ILUȚ PETRU, Ancheta sociologică și sondajul de opinie, Editura Polirom, Iași, 1997
- ROBERT K. YIN, Studiul de caz- Designul, colectarea și analiza datelor, Editura Polirom, Iași, 2005